

NORFOLK COUNTY REGISTER OF DEEDS

As part of his consumer outreach initiative, Norfolk County Register of Deeds William P. O'Donnell and his staff will be at the Foxborough Senior Center on Wednesday, March 2 at 4:30 p.m. The short speaking program will touch on the historical nature of the Registry and the Register's efforts to modernize and computerize the vast number of Norfolk County real estate records. Following his remarks, the Register will be available to answer individual questions. Members of the Register's staff will also be available to assist in providing information about the Massachusetts Homestead Act. On-site work stations will be available to provide the status of a mortgage discharge, print a copy of your deed or provide a demonstration on how the Registry's On-Line Land Records database works. This program is sponsored by the Norfolk County registry of Deeds and it is Register O'Donnell's goal to provide a convenient way for residents to learn more about how the Registry serves them as it conducts business closer to their homes, saving residents time and money. Please give us a call at 508-543-1252 to sign up for this program.

Monday, February 22

Coffee Connection 8:30 a.m. to 3:30 p.m.
Office Hour with Rep. Jay Barrows 9:00 a.m.
Chair Yoga 9:30 a.m.
Tai Chi 10:30 a.m.
Scrabble 12:30
Knitting 1:00 p.m.
Shaw's 1:00 p.m.
Relaxation & Meditation (2) 1:00 p.m.
Rewind Video Series 2:30 p.m.

Tuesday, February 23

Coffee Connection 8:30 a.m. to 3:30 p.m.
Stretch & Balance 8:30 a.m.
Manicures 9:00 a.m.
Garden Club 9:45 a.m.
Zumba Gold 9:45 a.m.
Nutrition 11:00 a.m.
Movie Day – "The Judge" 12:30 p.m.
Talespinners 2:00 p.m.

Wednesday, February 24

Coffee Connection 8:30 a.m. to 6:00 p.m.
Strength Training 8:30 a.m.
Chorus 10:00 a.m.
Computer Class 11:30 a.m.
Coffee with the Town Manager 12:30 p.m.
Walmart 1:00 p.m.
Colorist Club 2:00 p.m.
Senior Supper Club 4:30 p.m.

Thursday, February 25

Coffee Connection 8:30 a.m. to 3:30 p.m.
Men's Breakfast 9:00 a.m.
History Lecture with Paolo DiGregorio 11:30 a.m.
Low Vision Support Group 1:00 p.m.
COA Advisory Board 3:00 p.m.

Friday, February 26

Coffee Connection 8:30 a.m. to 12:00 noon

Stop and Shop 8:30 a.m.

Aerobics 9:00 a.m.

Cribbage 10:15 a.m.

Card Making Class 10:30 a.m.

SENIOR SENTER INCLEMENT WEATHER POLICY

If the Foxborough schools are cancelled due to inclement weather, then the activities, Humans Services appointments and transportation at the Senior Center are cancelled. If there is a delay in the opening of the schools due to inclement weather, there will also be a delay in the opening of the Senior Center on that day, and all activities scheduled within that time frame will be cancelled. The Coffee Connection will also be closed when senior center activities have been cancelled. Our priority is to keep seniors safe, therefore, we do not encourage anyone venturing out if it has been determined unsafe for Foxborough's children to attend school. So, please remain safe and warm at home.

SPECIAL PROGRAMS

PATRICIA PERRY'S PROGRAM ON AMERICA'S FIRST LADIES

Although it's the President of the United States who runs for office, his wife also becomes a very public figure, often times, to her dismay. Many a First Lady has shed a tear or two upon learning of her husband's election victory. On Thursdays, March 3rd and 10th at 10:00 a.m., Patricia Perry will be at the senior center to present her 2-part program on "First Ladies." This show looks at the personal trials, triumphs and private details of our very public First Ladies. The topic is broken into 2 separate shows. First Ladies Part I includes Martha Washington to Clara Cleveland, and First Ladies Part II includes Ida McKinley through Michelle Obama. If you'd like to join us for this special program, please call us at 508-543-1252 to sign up and we'll save you a seat.

RELAXATION AND MEDITATION SERIES

We've had great success with our series of Relaxation and Meditation Workshops held at the senior center, so we're adding an additional 4-week session to be held on Mondays in March (the 7th, 14th, 21st and 28th) from 1:00 to 2:00 p.m. Each session will be led by our Chair Yoga instructor Michelle Lawlor. We'll do some adult coloring which is part of a new therapeutic model to relieve stress and which is an activity that has been found to be soothing, comforting and surprisingly relaxing. The meditation portion of the program is about training your brain to bring your thoughts and feelings into awareness: it's about examining who you are and your place in the world; it teaches you to appreciate every moment for what it is. The goal of meditation is to go beyond the mind and experience our essential nature – which is described as peace, happiness and bliss. Meditation is not a part of any religion; it is a Science. Science has shown that your mind and body benefit from taking time out of your daily life to shut down and meditate. Come join us as we work to get our minds into shape. Class size for the Relaxation and Meditation Workshops is very limited, so please call us at 508-543-1252 to reserve your spot. Please bring your own coloring book. We have a limited supply of books available for \$4.00 each.

SENIOR SUPPER CLUB

Are you tired of eating supper alone? You are invited to join our Senior Supper Club on one Wednesday each month. Come on over to the senior center for a nice evening meal and join your friends from the Foxborough Council on Aging and HESSCO Elder Services. On Wednesday, February 24th we'll be enjoying our menu of Chicken Teriyaki, Asian Rice, Oriental Vegetables and Cake. The event starts at 4:30 p.m. with supper to be served by 5:00 p.m. A voluntary donation of \$3.00 per person can be given on that evening. Space is limited, so please let us know to save a place for you. Call us at 508-543-1252 by Monday, February 22nd to make your reservation and to arrange for transportation, if needed.

JAY BARROWS' OFFICE HOURS

State Representative Jay Barrows holds office hours at the senior center on the 4th Monday of every month at 9:00 a.m. His next visit will be on February 22nd. Come to the convenient location of the senior center to take

advantage of this opportunity to meet Representative Barrows, have your concerns heard, or to simply get information.

MANICURES

Our manicurist Sheri Thorpe will be at the senior center on Tuesday, February 23rd beginning at 9:00 a.m. for 20 minute appointments. Sheri uses OPI products. Just call us at 508-543-1252 to make your appointment for this service that will leave you feeling and looking great.

MOVIE DAY

The Movie Day for the month of February is scheduled for Tuesday, February 23rd at 12:30 p.m. and our featured film will be "The Judge." In this film Robert Downey Jr. stars as Hank, a successful attorney who returns to his childhood home for his mother's funeral, only to discover that his estranged father (Robert Duvall) is suspected of murder. Arrogant and conceited, Hank has no choice but to put his life on hold to deal with his stern, newly widowed father – the town's judge who is accused of deliberately running someone down. Now determined to find the truth, the big city lawyer must reconnect with the family he left behind years ago. Come join us at the senior center to watch this film, and we'll supply the hot, fresh popcorn. Feel free to bring your lunch to enjoy ahead of time in our Coffee Connection and take in a good movie with friends. Please call us at 508-543-1252 if you'd like to sign up.

COFFEE AND CONVERSATION WITH OUR TOWN MANAGER

Come join us at the senior center for some "Coffee and Conversation" with our Town Manager Bill Keegan on Wednesday, February 24th from 12:30 p.m. to 1:30 p.m. Take advantage of this face-to-face opportunity to ask Bill questions, and to discuss issues that may be concerning you about our town. Find out about any new projects going on in town and get a greater understanding of some of the issues facing Foxborough. Please call us at 508-543-1252 to let us know if you'll be coming.

HISTORY LECTURE SERIES WITH PAOLO DIGREGORIO

"Artifactual Scholar" Paolo DiGregorio will be at the senior center at 11:30 a.m. on Thursday, February 25th to present another program in his series of history lectures. The topic on this date will be "Radicals, Revolutionaries and the Fall of Tsarist Russia." For more than three centuries the Romanov dynasty had ruled over Russia. Yet by the beginning of the 20th century, the power of the tsar was being challenged by radicals and revolutionaries, and by 1917, the Romanovs had been deposed and a new regime installed. This talk will tell the story of revolutionary Russia from the Russo-Japanese War to the establishment of the Soviet Union. This program is being sponsored by the Friends of Foxborough Seniors. Please call the senior center at 508-543-1252 to sign up and reserve your seat.

MEN'S BREAKFAST

The Men's Breakfast will be held on Thursday, February 25th at 9:00 a.m. Our guest speaker this month will be the Joseph Canavan, Deputy Sheriff and TRIAD Division Director from the Norfolk County Sheriff's office. The cost for the Men's Breakfast is \$3 and if you would like to join us, please call the senior center at 508-543-1252 by Friday, February 19th to reserve your seat. As always everyone is welcome to join us for the speaking portion of the program at no cost after breakfast has been served.

LOW VISION SUPPORT GROUP

Instead of meeting on the 3rd Thursday of the month, the Low Vision Support Group will be meeting on the 4th Thursday for the month of February. On Thursday, February 25th from 1:00 to 2:00 p.m. Andrea Schein from the Mass Commission for the Blind will be our guest speaker at this month's meeting. The Low Vision Support Group is an adult group providing peer support and information for anyone with vision loss, or for those who have concerns about their vision. Seniors from Foxborough, as well as surrounding towns, are welcome!

BINGO – BRING A FRIEND – ALL ARE WELCOME

Come and join us for Bingo at the senior center on the first Tuesday of every month. Try your luck and win cash prizes in varying amounts. There is a nominal fee of \$1 per card. Bring a friend. Seniors from surrounding towns are welcome! Our next Bingo afternoon will be on Tuesday, March 1st from 1:30 p.m. to 3:00 p.m. Please call us at 508-543-1252 to let us know if you'll be joining us. This event is sponsored by the Friends of Foxboro Seniors.

REWIND

Every Monday afternoon at 2:30 p.m. we'll be showing videos from our own video library of programs that have been held at the senior center, and we'll be viewing videos from "The Great Courses" program of the Kastrenos video library series. On Monday, February 22nd at 2:30 p.m., our video will be from the Men's Breakfast with guest speaker Jack Authet held on Sept. 17, 2015.

FIVE WISHES PROGRAM WITH PAM MCGUIRE

Five Wishes is an easy-to-use legal document written in everyday language that lets adults of all ages plan how they want to be cared for in case they become seriously ill. Five Wishes helps you to express how you want to be treated if you are seriously ill and unable to speak for yourself. It is unique among all other living wills because it speaks to all a person's needs: medical, personal, emotional and spiritual. On Thursday, March 3rd at 1:00 p.m., Community Social Worker Pam McGuire will present an informational workshop on the Five Wishes Program. Pam will have copies of the Five Wishes document and will go through the options you have as you prepare this document that will speak for you if there is a need in the future. Please call us at 508-543-1252 to sign up if you'd like to attend this program.

COMPUTER CLASSES AT THE SENIOR CENTER

Students from the Foxborough Regional Charter School (FRCS) are providing computer training classes once again for Foxborough's senior citizens. The program is made possible thanks to a grant from the Foxborough Rotary Club for a program to teach computer skills to seniors. The classes are being held on Wednesdays from 11:30 to 12:30 through May. We have WIFI in the senior center, so if you have a laptop or an iPad, please feel free to bring it in with you. There are also a limited number of computers available for use in our computer lab. Please call the senior center at 508-543-1252 to let us know if you'll be joining us.

SENIOR CENTER PROGRAMS ON CABLE AND DVD LENDING LIBRARY

Watch "Your Scene Your Center" on Foxboro Cable Access, Comcast channel 22 and Verizon channel 38, on Wednesdays and Thursdays at 1:00 p.m. and 7:00 p.m. On February 24th and 25th the featured program will be the literature lecture by Gary Hylander on "The Grapes of Wrath." All of our senior center programs are available on DVD and can be borrowed from our DVD Lending Library.

TRAVEL INFORMATION

SIGN UP FOR TRIP TO FOXWOODS

On Tuesday, March 1st, we'll be traveling by motorcoach to Foxwoods Casino. Come join us as we go to the northeast's largest casino with 4,700 slot machines, a 3,600-seat bingo hall, and many restaurants and retail shops. Check out all the table action, slot machines, Bingo and penny machines, or just come to enjoy good food and do some shopping. We will be leaving from the rear parking lot of St. Mary's Church on Carpenter Street at 7:45 a.m. and will be returning to Foxborough around 5:00 p.m. The cost for this day trip is \$28 and this includes round-trip motorcoach transportation, gratuity for the coach driver, plus the "Bonus Package" which includes: 1 Full Buffet Coupon or \$10 Food Voucher and \$10 Slot Play. (The Bonus Package is subject to change and you must be at least 21 years of age to receive the package.) Call the senior center at 508-543-1252 to sign up if you're interested in joining us. Payment for this trip will be due on Friday, February 19th.

TRIP TO THE PRODUCTION OF "SAMSON" / LONGWOOD GARDENS VISIT

Come join us on Wednesday, June 8th when we'll be leaving Foxborough at 6:30 a.m. and traveling via motorcoach for a 3 day/2 night trip to Pennsylvania to experience the Sight and Sound Theater's latest, greatest, and newest production; the biblical story of "Samson." Our hotel accommodations will be at the brand new 4-

star Double Tree by Hilton hotel in central Reading, PA where we will be welcomed by a private wine and cheese reception. Following dinner on our first evening, we'll see a brand new musical show. On our second day, we'll travel into neighboring Lancaster County, the home of Pennsylvania's Amish and Mennonite people. Our first stop will be in the town of Lititz for a special program called "Chalk Talk," a 90 minute look into the lives of the Plain People. We will also visit the Kitchen Kettle Shopping Village before taking our seats at the Sight and Sound Theater for "Samson." One of the most captivating stories in the Bible, Samson is the world's first superhero. "Samson" is filled with colorful characters, extraordinary feats of strength and amazing special effects. On our third day we will travel to Kennett Square, PA where we will spend time visiting the beautiful Longwood Gardens; 1,077 acres of gardens, woodland and meadows in the Brandywine Creek Valley and one of the premier botanical gardens in the United States. We'll arrive home at approximately 9:30 p.m. on the evening of Friday, June 10th. This trip has been arranged for us by the group tour specialists at Tours of Distinction. The cost per person is \$463 for a double, \$430 per person for a triple and \$557 per single. For information or to sign up for this trip, please call the senior center at 508-543-1252.

INCOME TAX ASSISTANCE

AARP TAX ASSISTANCE

Free income tax assistance is available for seniors through the Tax Aide Program of the American Association of Retired Persons (AARP). This service is designed to help senior taxpayers with low to moderate income. You will have your income tax forms prepared for you and you will become familiar with the benefits that may be available to you. The AARP representatives will be available at the senior center on Wednesday afternoons and Thursday mornings. Call the senior center at 508-543-1252 to schedule your appointment. Prior to the date of your appointment, please come to the senior center to pick up the "Tax Preparation Packet." This paperwork must be completed and brought with you to your appointment.

SHOPPING

We will be going to Shaw's on Mondays at 1:00 and to Stop & Shop on Fridays at 8:30 a.m. There is room on the van if you would like to take advantage of sales at both stores. We also schedule other shopping trips on a Wednesday afternoons at 1:00 p.m. If you would like to go on the van, please call the senior center at 508-543-1252 to arrange for a ride. The following is a list of other shopping trips and outings we have planned:

Feb. 24 – Walmart

March 2 – Mansfield Crossing/Kohl's

MEDICAL INFORMATION AND SERVICES

CHOLESTEROL CLINIC

We will be holding a Cholesterol/Health Promotion Clinic on Wednesday, March 2 from 9:00 a.m. to 11:00 a.m. Our Public Health Nurse will provide screenings for total cholesterol, diabetes and blood pressure. There is no need to fast before the cholesterol test. Please call the senior center at 508-543-1252 to schedule an appointment.

S.H.I.N.E

You can obtain health insurance information and assistance through the SHINE (Serving the Health Information Needs of Everyone) Program. The SHINE program provides free and confidential health insurance information counseling and assistance to Massachusetts residents who are or will be eligible for Medicare and their families. We have SHINE counselors, Judy Murphy and Ed Raider, who can meet with you individually at the senior center on the 1st Tuesday and 3rd Thursday of the month in the mornings. The next appointments are being scheduled for March 1st and 17th. In addition to the SHINE program, Social Worker Pam McGuire and Human Services Coordinator Cathy Varnum are available at the senior center to help answer any questions you may have regarding Medicare and your health insurance options. If you would like to meet with Pam or Cathy, call the senior center at 508-543-1252 to set up and appointment.

MEALS AT THE RODMAN BUILDING AT ANNON COURT SERVED AT 11:45 A.M.

If you plan to dine at the mealsite, please give Marcia at least two days notice by calling 508-698-0754.

The suggested donation for a meal is \$3.00. The Van-Go is available for transportation on a limited basis by calling the senior center at 508-543-1252.

Meals contain approx. 700 calories, 600 mgs. sodium with no added salt, 3 oz. entrée, low fat & low sodium gravies.

Monday, February 22

Sausage with Peppers & Onions

Dirty Rice

Sub roll

Pineapple Chunks

Tuesday, February 23

Mushroom Barley Soup

Breaded Chicken

Tahitian Blend Vegetables

Multigrain Roll

Strawberry Cup

Wednesday, February 24

Tortellini Primavera

Oriental Blend Vegetables

Whole Wheat Roll

Birthday Cake

Thursday, February 25

Turkey Divan

Broccoli

Tri-color Pasta

Fruit Muffin

Banana

Friday, February 26

Fish Nuggets

Tartar Sauce

Potato Wedges

Chickpea Blend Vegetables

Wheat Bread

Mandarin Oranges